August 2025 Issue

Inside this issue:

Regional Office Updates & M'akola Tenant BBQs

Summer Craft and Self-Care August

Recipe & Canadian Indigenous Authors

Provincial and Local Resources

Summer Word Search

M'AKOLA HOUSING SOCIETY

Tenant Newsletter

This edition of the newsletter has tenancy information to keep in mind during the Summer heat. We also want to remind tenants that have a Tenant BBQ coming in August to have fun with the M'akola team over a burger or hot dog! You can find a simple craft and self-care challenge calendar to keep your mental health front of mind. As always, we have a delicious and easy recipe. This edition highlights Canadian Indigenous Authors if you are looking for a new summertime read. Check out the resources and summer word search too!

Regional Office Updates

As the weather heats up we want to remind you of important tenancy information that comes up during the Summer season.

Air Conditioning Units

As warmer weather approaches we want to remind all tenants that window mounted air conditioning units are a not permitted as they are a health and safety concern.

Air conditioning units that do not extend past the window sill and have transitioning devices that are made for every type of window are allowed.

BC Hydro is offering $50 rebates on select Air Conditioning Units. For more details visit:

bchydro.com > Rebates for energy-efficient renovations > Deals on energy-efficient products

No Smoking

We ask tenants to be respectful of the air we share at M'akola sites, especially in the Summer when people are spending more time outdoors. For this reason, we want to remind tenants to smoke in designated smoking areas. If your site doesn't have a smoking area there is no smoking on site. This includes cigarettes, e-cigarettes, and cannabis.

Ways to Stay Cool and Follow the Rules

Tenants are not allowed to have pools due to safety concerns, no matter the size.

Instead find other ways to stay cool like using a sprinkler toy if you have a outdoor water spigot accessible. If you don't have this available fun water toys like squirt guns and water foam shooters are a good option. If you want to make it extra cool add ice cubes for a shocking cool relief from the heat!

Ensuring Summer Toys are Cleaned Up

When you are done with your toys and sporting equipment please ensure it's picked up and brought back to your home from common areas.

Toys left out may get lost or removed from common spaces with the daily property clean up done by M'akola staff.

M'akola Contacts

You can call or email the Housing Services Team at:
1-877-590-0204

- For Repairs press 2
- For Rent Review press 3
- rentreview@makola.bc.ca
- For Rent Collections press 4
- rentcollections@makola.bc.ca

For all other housing inquiries, questions, or concerns, please email: **INFO@makola.bc.ca**

Victoria Regional Office
250-384-1423
Cowichan Regional Office
250-746-1785
Nanaimo Regional Office
250-756-4217
Port Alberni Regional Office
250-732-9855
Comox Valley Regional Office
250-923-4145
Prince Rupert Regional Office
250-627-7501
Terrace Regional Office
250-638-8339
Sooke Regional Office
778-405-4240
Lower Mainland Regional Office
604-558-6194

Please note M'akola offices will be closed the following dates:

B.C. Day	Aug 4th
Labour Day	Sep 1st
Truth and Reconciliation Day	Sep 30th

M'akola Tenant BBQs & Communication

Summer BBQs Continue Across the Province

M'akola hosted Tenant Event Summer BBQs through the month of July and they will continue into August so all regions will be able to enjoy the event! If you haven't had a BBQ in your region you will be receiving flyers with all the information. They will also be posted in common areas like laundry rooms or the M'akola Regional Offices. The M'akola Tenant Events Coordinator will also be reaching out to all households making a call to provide the details of the event.

If you have any questions about the date and location of the event in your area please reach out to your regional office or email us at: INFO@makola.bc.ca.

If you have any questions about the date and location of the event in your area please reach out to your regional office or email us at: INFO@makola.bc.ca.

What to Expect at a M'akola Summer BBQ

At the M'akola Summer BBQs music, games, and most importantly freshly barbequed hot dogs and hamburgers are offered. We will be serving vegetarian options for tenants too!

M'akola Tenant Events are free! These tenant events are at no cost to the tenant and will happen rain or shine! These events are for the whole family so bring them along and your appetite.

M'akola Newsletter Shifting to Email!

Your M'akola Tenant Newsletter will be delivered via Email starting in 2026!

This will allow for instant delivery, help decrease use of paper, and include hyperlinks to easily access resources!

If you want to ensure you receive a copy of the tenant newsletter via email please email: INFO@makola.bc.ca with your name and address to ensure our records are up to date.

DIY Light Projectors

Try this super easy child-friendly craft!

Materials:

- Toilet paper roll (or paper towel roll cut into 3)
- Packing tape
- Coloured sharpies
- A flashlight
- A dark room

Instructions:

1. Take a strip of packing tape (long enough for it to fit over the mouth of the toilet paper roll). In the middle, on the non-sticky side, draw your design.
2. Place the tape over the mouth of the toilet paper roll.
3. Find a dark room and put the flashlight inside the toilet paper roll and watch as your design lights up the walls!

August Self-care Challenge

Reminder: Self-care can significantly improve your physical, mental, and emotional well-being!

August 2025

By prioritizing self-care, you can enhance your overall quality of life and build resilience to manage life's challenges

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Clean your bed sheets	*Listen to your favourite artist*
Meditate for 15 minutes	*Take yourself out to lunch*	*Compliment someone else and*	*Dance like no one is watching*	*Treat yourself to some flowers*	*Do something creative*	*Take a relaxing shower or bath*
Have a movie night with friends	*Go for a walk without headphones*	*Call a friend*	*Read a book*	*Learn one new thing*	*Help someone*	*Make a journal entry*
Try a yoga youtube video	*Cook a recipe from scratch*	*Take a moment to listen to the birds*	*Visit a new coffee shop*	*Tidy a room in your house*	*Watch the sunset*	*No phone for the first hour of your day*
Try a 30 minute workout	*Speak only kind words to yourself for the day*	*Go for a hike with a loved one*	*Spend an hour in nature*	*Do an activity that brings you joy*	*Watch a movie that makes you laugh*	*Bake a treat for yourself/someone else*
Sleep in						

Smash Burger Tacos

Try this easy 30-min dinner that serves 6!

Ingredients:

Burger Sauce

- **1/4 cup** mayonnaise
- **2 Tbsp.** ketchup
- **1 Tbsp.** sweet pickle relish
- **1 Tbsp.** yellow mustard
- **1 tsp.** hot sauce

Smash Burger Tacos

- **1 lb.** ground beef
- **6** (5") flour tortillas
- **2 tsp.** burger seasoning (or seasoning of your choice)
- Salt
- **6 Tbsp.** neutral oil, divided
- **6** slices American cheese, divided
- **18** thin bread-and-butter pickle slices
- **1 cup** shredded iceberg lettuce
- **3 Tbsp.** chopped yellow onion

Instructions:

Burger Sauce

Step 1: In a small bowl, mix mayonnaise, ketchup, relish, mustard, and hot sauce until combined.

Make Ahead: Sauce can be made 3 days ahead. Cover bowl and refrigerate.

Smash Burger Tacos

Step 1: Divide beef into 6 portions about 2 1/2 ounces each. Top each tortilla with a portion of beef. Using a fork, flatten beef on top of tortilla into an even layer, leaving a 1/2" border. Sprinkle with 1/2 teaspoon burger seasoning; season with a pinch of salt.

Step 2: In a large skillet over medium-high heat, heat 2 tablespoons oil and swirl pan to coat. Arrange 2 tacos, beef side down and press into skillet with a sturdy spatula or burger press to flatten. Cook until beef is browned and cooked through (2 to 3 minutes). Flip tacos, top each with a slice of cheese, and cook until cheese is slightly melty (about 1 minute). Transfer to a baking sheet. Repeat with remaining 4 burger tacos.

Step 3: Top each taco with burger sauce, pickles, lettuce, onion, and sesame seeds.

Canadian Indigenous Authors

Read about these authors and their works

Drew Hayden Taylor

Drew Hayden Taylor, playwright, broadcaster, writer was born July 1, 1962 in Curve Lake near Peterborough, ON. Drew Hayden Taylor is a leading Indigenous playwright and humorist. His award-winning plays have been produced in Canada, the United States, and Europe. His novels have been nominated for several awards, including the Governor General's Award for fiction. Taylor's writings have significantly contributed to Indigenous literature in Canada.

One of Taylor's most well-known books, *Motorcycles and Sweetgrass*, follows the main character, Maggie, through her struggle to be a responsible mother for her teenage son and chief of her community. Her struggles deepen when she falls for a stranger who shows up in her town on an Indian Chief motorcycle. Many themes such as political, religious, cultural, and historical are explored as characters address personal challenges and a desire for a better life.

Lee Maracle

Lee Maracle, OC (Officer in the Order of Canada), author and critic was born July 2, 1950 in Vancouver BC and died November 11, 2021. Maracle was a Indigenous writer and expert in Indigenous culture and history. She was an activist in the Indigenous struggle against racism, sexism and economic oppression. All this combined made Maracle an incredibly influential Indigenous voice in Canadian postcolonial criticism.

In her book, *Ravensong*, it takes place in the Pacific Northwest Coast during the 1950s as a Native community is hit by an influenza epidemic. The story follows Stacey, a 17-year-old Indigenous girl, as she struggles with the clash between white society's values and her family's traditional ways. It is a moving drama that includes prophecy, mythology, cultural critique, and humour.

Tomson Highway

Tomson Highway, OC (Officer in the Order of Canada), playwright, novelist, pianist, and songwriter was born December 6, 1951 in northwestern Manitoba. Highway is one of the most prominent and influential Indigenous writers in Canada. His work discusses and explores issues affecting Indigenous people such as residential schools, reserve life, Indigenous identity and more. He received the Award for Lifetime Artistic Achievement at the Governor General's Performing Arts Award in 2022.

In his memoir, *Permanent Astonishment*, he traces his life from growing up in rural Manitoba and residential school to finding solace in traditional ways. The book is educational, informative, and uplifting.

Provincial Resources

The following resources may be great supports for your household for health and wellness.

Wellness Together Canada

Wellness Together Canada is a free, 24/7 mental health and substance use service, funded by the Government of Canada. It is available to anyone in Canada and Canadians living abroad. The service provides free mental health and substance use resources, e-courses, peer support counselling services by phone, text or video chat to adults and children.

Same-day counselling services:
1-866-585-0445 (adults) / 1-888-668-6810 (youth)
Immediate crisis support text (SMS) "WELLNESS" to:
741741 (adults) / 686868 (youth)

BC Aboriginal Childcare Society

The BC Aboriginal Child Care Society (BCACCS) offers a variety of services that provide early childhood education professionals, support service professionals, and Indigenous children and families access to early learning programs, resources, training, research, and community services that are culturally based.

604-913-9129
reception@acc-society.bc.ca
acc-society.bc.ca

Kelty Mental Health Resource Centre

KMHRC offers a variety of free services, support and resources across BC. Kelty's services, support and resources vary from parenting to healthy living to therapy. Access these amazing services through their webpage and find services for your region.

800-665-1822
keltycentre@cw.bc.ca
keltymentalhealth.ca

M'akola Development Services Scholarships & Bursaries

M'akola Housing Society's sister society, M'akola Development Services offers a scholarship and Trades bursary. The Tom Finnie Indigenous Trades Bursary has an annual amount of $2,500 being awarded to six applicants. Applications are being accepted until October 27, 2023. To find out how to apply and learn more about other scholarship and bursary opportunities visit: makoladevelopment.com/scholarshipsbursaries/

Parent Support Services

PSS mission is to support the well-being of all families and children by empowering those in a parenting role through community connections, research, education, and advocacy.

1-877-345-9777
office@parentsupportbc.ca
Parentsupportbc.ca

Sooke Resources

The following resources and events are available in your area and may be able to support your family!

Sooke Music Festival

(Aug 2nd will be held from 8pm-11pm at the Sooke Legion)
(Aug 8th will be held 4:20pm-10:30pm at Fred Milne Park)
(Aug 9th will be held at Fred Milne Park 12pm-10pm)

A unique combination of visual arts and artisans, with the traditional grassy field festival experience, SMF welcomes music lovers to Sooke BC for performances by top provincial acts alongside new and emerging artists.

Sooke Family Day Picnic

Fred Milne Park

Presented by Sooke Community Association. Pancake breakfast and all day event showcasing logging sports show, live music, salmon BBQ and food trucks, kid zone with bouncy castles, lots of local vendors.

Sooke Fall Fair

Aug 23rd & 24th at Fred Milne Park

The Sooke Fall Fair is a community fair that gives people an opportunity to congregate in the spirit of the "Rural Fair" philosophy and in this traditional annual event, reflects Sooke's strong community spirit.

Sooke Family Resource Society

100-6672 Wadams Way, Sooke
250-642-5152

Provide people, of all ages and abilities on southern Vancouver Island, with services and resources that encourage them to enhance skills, address challenges and create a path forward.

https://www.sfrs.ca

Sooke Meals on Wheels

250-664-7222
sookemow@gmail.com

Meals on Wheels is a meal delivery program available to all persons who are unable to provide meals for themselves due to physical, mental or medical limitations regardless of age or income.

https://www.sookemealsonwheels.com

M'akola Tenant BBQ

2065 Drennen Street on Aug 21st

All activities, food and entrance will be free. The food will include burgers, hotdogs, chips and other snacks. Activities such as relay races, crafts and scavenger hunts will take place at the BBQ.

Word Search

Participate in this fun Summer word search by submitting your completed search to info@makola.bc.ca by August 30th to be entered in a draw for a gift card!

Word Search

F G U T G W C T F U X M M Y Y
F R R P E R N Y R C F Z J U V
F A I I Q D B U A E R B I A Y
O W P E L H S C Z D E M Y J V
S X G P N L U P R V L S G N A
S C I A L D I A O Q A B A S C
B K H A D A S N B R X S A S A
F P H O W V Y H G P T J X U T
R O Q M O S E G I F E S G N I
U P Y H Z L S N R P L N E N O
I S S U M M E R T O Q O C Y N
T I P C K O L D W U U N W I Y
E C Z V L S E O F P R N B E L
F L E Z R D R R T Y T E D F R
Y E E T E B O D J G Z S W F M

Friendship	Playground	Vacation	Fruit
Grilling	Adventure	Popsicle	
Flower	Sports	School	
Pencil	Summer	Trees	
Sunny	Relax		

Education.com

Build your own custom worksheet at education.com/worksheet-generator

© 2007 - 2025 Education.com